



Washington State Department of Health  
**Tobacco Quit Line 877-270-STOP (7867)**

Free patches or nicotine gum  
for smokers age 18-29

**Stick it to Kick it**

QUITLINE.COM

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## **STICK IT TO KICK IT**

**Free patches or nicotine gum for smokers age 18 - 29**

**If you are a Washington resident between the ages of 18-29 you can enroll in a free program to quit tobacco, which includes nicotine patches or gum and counseling.**

**Here's what you need to do to kick the habit for good:**

- **Pick up the phone and call the Tobacco Quit Line at 1.877.270.STOP (7867).**
- **Talk with a Quit Line specialist who will help you develop an individualized plan to quit smoking.**

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**For a limited time, you can receive a free, full course of treatment – nicotine patches or gum – to help you kick tobacco once and for all. That's over \$300 in value! Patches and gum are available to qualified individuals on a first come, first serve basis. Health Insurance is **NOT** required!!**

**Visit [www.quitline.com](http://www.quitline.com) for more information.**